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## The NEBLINE, December 1993

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# The NEBLINE®

University of Nebraska Cooperative Extension  
Lancaster County

December 1993  
Vol. VII, No. 1

Horticulture ■ Rural Sense ■ Human Resources ■ 4-H and Youth ■ Environmental Focus ■ Community and Leadership Development

## Outstanding 4-H clubs named Celebrate the family



The Country Pals 4-H Club was honored as one of the Outstanding 4-H clubs in Lancaster County.

The Lincoln Center Kiwanis Club honored the outstanding 4-H clubs and their members at a luncheon held on Friday, October 29. The clubs and their leaders were also recognized at Achievement Night. They are:

**Country Pals,**  
Category II Winner and the Wayne C. Farmer Cup as  
Overall Outstanding 4-H Club,  
Leader: Bonnie Lemke

**Rocky Mountain Riders,**  
Category I Winner,  
Leader: Rhonda Adams

**Happy Go Lucky,**  
Category III Winner,  
Leader: Ron Dowding

Several awards and scholarships were presented to outstanding 4-H youth at the annual Achievement Night on November 4. These youth represent the very best of what 4-H has to offer and we congratulate them all.

### "I Dare You Awards"

presented to Analisa Prior and Aaron Schepers

Outstanding 4-H Member  
presented to Brenda Sohl

Havelock Farmers Scholarship  
presented to Russell Parrott

Lincoln Center Kiwanis Scholarships  
presented to Jay Rosenboom and Mike Condon

Jonathan Milligan Backes Scholarship  
presented to Cindy Juricek

### Lancaster County Master Gardeners honored

The Lancaster County Master Gardeners were presented with the Meritorious Service Award to 4-H at the annual 4-H Achievement Night, November 4. They were honored for their weekly help with the 4-H/Lakeview School garden during the growing season and their continued help with 4-H horticulture exhibits at the county fair and their leadership in training and helping with horticulture contests leading up to the fair. Congratulations and thank you to each of you! (LJ)



Strong families are vital to the success of our communities, but what constitutes a family today may differ greatly from those stereotypes of yesterday.

Families come in all varieties and sizes. There are small families, large families, one-parent families, stepfamilies, and extended families. Dual-career families, as well as single-parent families, are very common in today's society and maintaining a strong family unit is a challenge that faces all of us today. The efforts necessary to keep families strong must begin with all people involved.

Influences that affect the family included television, movies, the media, inflation, governmental decisions, educational institutions, and peer pressure.

Some suggestions on strengthening families are found in *NebGuide HEG 78-97 "Building Family Strengths."* These include:

**1. Expression of appreciation.** It is important to do more than have feelings of appreciation. One must express them in words and actions such as letting family members know they are "special" with a note, letter, hug or small gift. All people need to know someone cares for them. Take time today to show someone you care.

**2. Spend positive time together.** Strong families enjoy being together. Activity overload is a challenge that faces many families. Special time with family members doesn't come easy. Family time needs to be scheduled when family members are fresh and have something to share—not after everything else is done and everyone is tired and irritable. Poor scheduling may cause more harm than good in the family. Take time to build family relationships during special times and develop family traditions. It is important for families to establish new traditions that fit into today's lifestyles. Remember to spend time together—playing, talking, teaching and encouraging family activities.

**3. Communication.** Spend more time communicating and less time complaining. Everyone needs to be understood and to feel that others understand why they feel the

way they do. Families don't always agree; but to develop strong family relations, each person's needs have to be considered. A solution to family problems that considers the needs of those involved must be reached. Understanding verbal and nonverbal communications of family members is important in building family relations.

**4. Commitment.** Commitment is a quality that appears in strong families. Family members share experiences that make the family more attractive than other groups. They are committed to helping and promoting the happiness of each other. Commitment is a vital factor in developing a sense of unity among family members.

**5. Religious orientation.** A study of successful families showed that they shared the common values of attending church, praying and reading inspirational books.

Families that develop the above five characteristics are more able to meet the challenges of today.

As you celebrate your family, remember that family heritage and loyalties are an integral part of the "good life" families want.

Don't try to duplicate past family experiences. Relax and enjoy the present. Develop meaningful rituals that involve all family members and can be passed down from one generation to

another.

What activities can strengthen your family? What activities can be turned into rituals and family traditions and memories? Herb Lingren, extension family life specialist, suggests the following:

- Musical activities—such as sing-alongs, music recitals, and attending concerts as a family;

- Nature activities—Christmas tree cutting trip, camping, and feeding birds and wildlife;

- Service activities—working with groups like 4-H, scouts, community and neighborhood activities;

- Dramatic activities—an evening of dramatic games, charades, pantomimes, word games at the dinner table and attending plays together;

- Social activities—family entertaining with cards, board games, group activities for all ages, picnics, reunions and holiday parties; and

- Physical activities and sports—play together as a family, backyard games, horseshoes, ball games, skating, hiking, skiing, boating, tennis and dancing.

Celebrate your family now!

During the holidays it's a good time to start with activities around the house in preparation for the holidays. Families who do things together, are happy and stay together. (LB)

## PRIORITY PROGRAM INDEX

*The mission of the University of Nebraska Cooperative Extension in Lancaster County is to help people address issues and needs related to their economic, social and environmental well-being through educational programs based upon scientific knowledge.*

Each month look in this box to find articles addressing Extension priority initiatives. Specific program areas are highlighted with a corresponding icon.



### Agricultural Competitiveness and Profitability

Farm Management for Tomorrow, page 3



### Natural Resources and Environmental Management

New Trees "Spruce Up" Lincoln, page 4



### Children, Youth and Families

Celebrate the Family, page 1



### Nutrition, Food Safety and Quality

Holiday Food Safety Hints, page 7



### Strengthening Lancaster County Communities

Bring Out the Best . . . page 5

"Helping you put knowledge to work"



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TV for the Horticulture Enthusiast...

Week of	Program Topic
Dec 5	Christmas Decorations
Dec 12	Ornamental Trees, Shrubs & Grasses
Dec 19	Container Gardening
Dec 26	Butterflies & Backyard Wildlife
Jan 2	Turfgrass Calendar
Jan 9	Water Conservation
Jan 16	Home Fruit Protection
Jan 23	Integrated Pest Management
Jan 30	Vegetable Gardening
Feb 6	Propagating House Plants
Feb 13	Xeriscaping
Feb 20	Growing Perennials
Feb 27	Lawn Pests
Mar 6	Planting for Wildlife
Mar 13	Lawn Maintenance & Care
Mar 20	Wildflowers
Mar 27	Lawn Equipment & Maintenance

Daily Schedule  
Sunday - 5 p.m.  
Wednesday - 7 p.m.  
Thursday - 11 p.m.

Cable  
Channel 21  
Lincoln

Plants make great holiday gifts

Now is the time to plan for holiday plants to give as gifts and as indoor decorations in your home or business. Giving some thought to the type of plant you select will make the plant a long-lasting addition not a source of fallen leaves on the carpet.

Poinsettias are the most popular holiday plant. If you select the poinsettia in the grocery store or greenhouse, be sure to pick one that has plenty of dark green leaves. Do not choose one with bare stems that are camouflaged by a pretty, foil-wrapped pot and a big bow. Do not let the poinsettia get chilled or wind-blown on the way home as either condition can cause leaf loss. Poinsettias need temperatures between 65 and 75 degrees Fahrenheit. Avoid over-watering

your plant and putting it in a location that has any kind of draft from the heat ducts (hot air) or from doors and windows (cold air.)

Cyclamen is a flowering plant that makes an excellent gift for someone with a cooler home and not much time to water. This plant may be considered a temporary decoration rather than a permanent addition to the indoor greenery.

The Christmas cactus is another popular holiday plant that, with proper care, can live for years. Do not let the soil dry out completely when this plant has flower buds. A blooming plant needs bright light and a location away from heat, especially from hot air blowing near it.

The Amaryllis, a flowering

Good protection helps plants through winter

Now is the time to make sure your plants survive Nebraska's harsh winter conditions. Before it gets any colder, take the time to look at your landscape and decide where you may need additional protection for certain plants. It will be much easier to build that section of snow fence now before the soil freezes deeply and the colder winds blow.

Not all plant injuries are caused by low temperatures. Often the problem is a combination of conditions. Some plants can be injured by extremely low temperatures. If they are not winter-hardy plants, they generally do not last through the first season. It has been determined that a plant's root system is often less hardy than its top. If soil temperatures do not drop below the critical point, all should go well. Injury can occur to marginally-hardy plants during just one very cold period when temperature-limits are exceeded, even

if they have done well in past seasons.

Warm fall weather may have serious implications for some plants that are tricked into thinking winter has come and gone. Such plants require a short period of chilling to mature their flower buds. Such buds often open during brief warm periods in the fall or early winter. Following a warm period in the fall, it is not uncommon to see forsythia, viburnum, spirea or flowering cherry open a few flowers. Although the flowers may be attractive in the fall, such events do weaken the flowering display next spring. Plants that maintain their dormancy and are not affected by the low temperatures can have other problems. Generally, seasonal, wet weather in the fall allows plants to take in adequate water to get them through the winter. If the plants are mulched, there should not be any problems unless extended periods

Gardening resolutions for the new year

Before the successes and failures of 1993's growing season fade from memory or get pushed aside by the anticipation of another gardening year, take a moment to convert the lessons learned and good intentions into resolutions for the coming year.

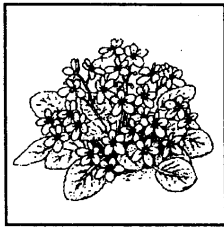
In 1994, I resolve to:

- make a list of needed plants and seeds before I start browsing through the seed catalogs.
- limit the size of vegetable and flower gardens to what I can care for properly.
- plan my vegetable garden carefully and follow the plan closely so I can rotate crops properly and make good use of all available space.

- plant cool-season crops early and again in mid to late summer for a fall harvest.
- harvest crops at their peak of quality and maturity. No more giant zucchini nor tough beans.
- freeze or can produce as soon as possible after harvest to maintain high quality.
- check plants regularly for insect problems and do a better job of controlling them.
- if available, try biological or cultural controls first, rather than chemicals to control pest problems.
- mulch earlier to control weeds.
- persist in weed control efforts all summer to prevent weeds from going to seed and adding to next year's problems.
- put tomato cages in place at

- planting time.
- plant annual flowers earlier this year.
- plant hardy trees, shrubs, perennials and other landscape plants according to a landscape plan, selecting less problem-prone plants whenever possible to minimize the need for chemical sprays, pruning and other maintenance.
- place landscape prunings, grass clippings and other organic material in a compost pile.
- set up a priority system for lawn and garden resolutions so gardening and landscape maintenance continue to be a pleasant experience rather than an overwhelming list of chores. (MJM)

Caring for the popular African violet



The African violet's colorful flowers and attractive foliage make it a popular

plant. When you give it proper care, it can bloom several times a year. Here are some tips on how to care for your African violets.

African violets prefer a bright, well-lit area that does not receive direct sunlight in the afternoon. These plants do well in unshaded north or east windows. Turn your plants weekly so they grow symmetrically.

African violets also thrive under artificial light. The more expensive

grow lights are ideal; but, combining warm and cool white fluorescent lighting also works well.

Place the lights twelve inches above the plants and leave them on, preferably, for eighteen hours a day.

You need to water African violets only when the soil is dry to the touch. Be sure you water the plant thoroughly, until the water drains out the bottom of the pot. Many people water their violets through the drainage holes at the bottom of the pot. To do this, put the pot in a container of water. Keep the pot in the water until the soil at the top becomes moist.

Fertilize your violets once-a-month with a liquid fertilizer recommended for flowering houseplants. African violets especially need fertilizer during and just after blooming.

African violets respond well to repotting. Repot them once-a-year in fertile, well-drained soil. Remove the new crowns that form on older plants and pot them separately. When you repot the violets, be sure to keep the crown, the central stalk, slightly above the soil line to prevent it from rotting. The young crowns you separate from your plants make wonderful gifts.

You can also start new plants from leaf cuttings. Select healthy, mid-sized leaves and remove them at the plant's crown. To root the leaf cuttings in water, wrap a sheet of wax paper over a cup of fresh water and secure the paper with a rubber band around the cup. Make a hole in the wax paper and insert the stalk of the cutting.

You may choose to root your cuttings in sand or vermiculite. Place the stalks of the leaf cuttings one-inch deep into the mix and keep the cuttings moist and out of direct sunlight. After about one month, you can pot the newly-rooted cuttings. In six to twelve months, the new plants should be flowering. (MJM)

Paperwhite narcissus



Now is the time to force a dish of "Paperwhite" Narcissus bulbs into bloom. These plants provide holiday color and fragrance indoors, or at least, add these benefits to the normally dull period in January when everyone puts away their holiday decorations. "Paperwhite's" are dainty narcissuses that are sold for indoor blooming since they can be forced to flower without a cold treatment.

Forcing "Paperwhite" Narcissuses is fairly simple. These bulbs are purchased from garden centers or plant shops ready to start. For any horticulture project like this, the first recommendation is to read the instructions that come with the product. If there is any doubt, here is what to do: pot the bulbs in a shallow container using any conventional soil medium and water them. Some gardeners plant "Paperwhite's" in dishes with pebbles that cover half of each bulb and enough water to keep the stones moist. Four to six bulbs is a good showing for the flower. Put the pot or dish in a cool, dark room for about a week. A good root system should form throughout the pebbles in less than two weeks. Gradually bring the bulbs into a filtered-light location. If you place it on a window-sill, be sure to turn each dish every two days to maintain straight stems. Keep the temperature about 60 degrees Fahrenheit during forcing. Many clusters of white, cream or yellow flowers (usually fragrant) will develop in a matter of weeks. (DJ)

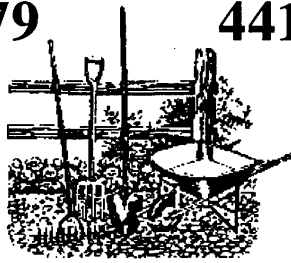
Please turn to page 10 for more Horticulture News

GARDEN GOSSIP HOTLINE

441-7179

441-7179

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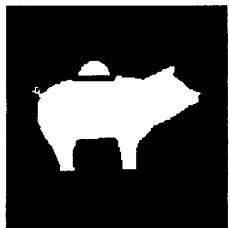


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Please turn to Winter: page 10



# Swine profits... where are they?



Swine producers in the Nebraska Swine Enterprise Records and Analysis Program

know the answer to this question. Local producers are invited to discover this answer for their own swine operations by attending an orientation meeting for new enrollees Tuesday, December 7, 9:30 a.m. at the Ceresco Community Center.

The swine industry continues to undergo structural changes and producers are continually concerned about their ability to compete. This program is designed to help producers collect data and analyze it so they make informed management decisions about their swine enterprise.

Producers enrolling in the Swine Records Program will receive a record book for collecting data and the necessary instructions for proper data collection. On June 30 and again December 31, a producer will close-out the record book and receive a computer generated analysis of his swine enterprise. After each analysis period, group wrap-up meetings are conducted to review statewide group averages. An additional selected topic of interest is presented at each wrap-up meeting.

New enrollees in the Swine Records Program attend two training meetings. The first in December and the second in mid-February or early March. The annual participation fee is \$90 per swine enterprise.

If you are interested in knowing how your swine operation compares with similar operations across Nebraska and Iowa call 441-7180 to register for the December 7 orientation meeting in Ceresco. (DV)

## Interseeding alfalfa fields

Many producers have experienced a marked reduction in alfalfa plant populations this past season due to excessive rainfall and related circumstances. For example, it was very common to mow and windrow the standing alfalfa only to have it lay on the ground for a week or more before it was dry enough to bale. As a result, plants that were covered for an extended period were killed by the massive windrows of cut hay. Another cause of death to alfalfa plants was due to compaction caused by heavy equipment operating in fields saturated with moisture. Disease also took its toll because of continuous high humidity coupled with variable temperatures that placed additional stress on the plants.

Alfalfa growers are asking what to do about their thinned stands of alfalfa. Their choices depend largely on need, in the following year, for a forage crop like hay. If you do not need a full production of alfalfa hay next year, you may consider destroying the remainder of the plants in that field and rotate into a different crop. If you happen to need alfalfa hay for your horse, beef or dairy enterprise; you may

## Crop protection clinic

The 1994 Crop Protection Clinic (CPC) will be held, in the Lincoln area, Wednesday, January 5, 1994, at the Lancaster Extension Conference Center. Programs dealing with crop production begin at 9 a.m. and conclude at 4 p.m. Entomologists, plant pathologists and weed scientists will present the latest production and management information. Topics this year include:

- Alfalfa insects
- Crop rotation and insect plant management
- Cutworms and wireworms
- New herbicides on the market
- Additives for postemergence herbicides
- Weather and economics of crop production
- Total postemergence weed control programs
- Global positioning systems in agriculture
- Problem weeds in no-till
- Spray nozzle selection and operation
- Wheat leaf rust and scab diseases
- Stalk rots in 1993
- Corn rust--epidemic cut yield
- Managing soybean seedling diseases

Registration, at the door, begins at 8:15 a.m. Everyone that attended this clinic last year will receive an advanced program and registration form in the mail. The registration fee of \$17.00 includes the cost of the noon meal, refreshments and a copy of the annual proceedings of the Crop Protection Clinics held at all 12 locations around the state. Clinics scheduled in 1994, for other locations in Eastern Nebraska, include: Fremont on January 6, Norfolk on January 7 and Auburn on January 27. (WS)

## Eastern Nebraska Soybean Day and Machinery Expo

The Eastern Nebraska Soybean Day and Machinery Expo begins 9 a.m., Friday, December 10, at the Saunders County Fairgrounds in Wahoo.

Area farm operators will have the opportunity to visit with representatives from seed, herbicide, fertilizer and equipment companies. The latest in farm equipment, provided by area implement dealers, will be showcased for farm operators' viewing in a heated pavilion at the fair-

grounds.

Topics about soybean production, marketing and utilization will be presented throughout the day. Area farmers, University of Nebraska specialists and private industry representatives will present timely information targeting soybean growers.

The event is sponsored by the University of Nebraska Cooperative Extension, Saunders County Soybean Growers Organization and industry representatives. (DV)

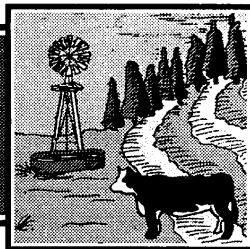
## Private applicator training

A private applicator is defined as a certified applicator who uses or supervises the use of any restricted-use pesticide to produce agricultural commodities on owned or leased property. Any person holding a federal certification that expires during any month of 1994 should plan to attend one of the recertification training sessions

scheduled during the next three months. The recertification and initial certification training in Lancaster County will be Thursday, February 3, 7 p.m.; Friday, February 4, 1 p.m. and Saturday, February 5, 9 a.m.

Federal law now requires private applicators to keep complete records of all restricted-use pesticides applied on any agricultural crop or commodity. University of Nebraska Cooperative Extension has a newly-developed pocket-size booklet, "Field Records for Restricted Use Applicators." The booklet will be available, free of charge, at the pesticide applicator training. Additional copies are \$1.00 and available at the extension office. (WS)

## Rural Sense



## "Farm Management for Tomorrow"



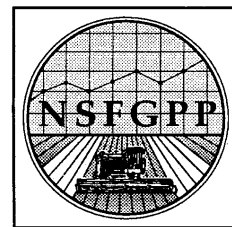
"Farm Management for Tomorrow" is a six-week workshop series designed to give farm families hands-on experience with computerized record keeping and analysis.

Participants will learn how a popular commercial accounting software package can be used to organize farm records. Each participants records will then be analyzed using FINPAK, a comprehensive software package.

An orientation meeting, for farm families wanting to learn more about this program, is scheduled for Wednesday, December 15, 1:30 p.m. at the UNL East Campus Union. This meeting will provide an overview of the program and answer any questions concerning participating in the workshops.

The registration deadline for the orientation meeting is Tuesday, November 30. The program fee is \$45. To register or discuss the details of the program, please contact Dave Varner, 441-7180. (DV)

## Attention: NSFGPP now recruiting area farmers



The Nebraska Soybean and Feed Grain Profitability Project is now recruiting area farm

private industry representatives offer presentations, discussions and tours focusing on several areas, including varieties, tillage, herbicides, soil fertility, insects, plant diseases, cultural practices and marketing.

On-farm research comparisons provide the opportunity for each participant to judge alternate production strategies against their current production system. The participant's equipment is used to establish and harvest the research comparisons.

A private industry cooperator will monitor the comparison fields and record relevant data during the growing season. University of Nebraska personnel provides the analysis of results and documentation of differences in profitability between the two systems.

Enrollment in the profitability project requires a three-year commitment to generate reliable results from the on-farm comparisons. An annual fee of \$150.00, for each farm operation in the project, is charged to defray operating costs of each group.

For further information, contact Dave Varner, 441-7180. (DV)

## How will NAFTA affect you?

There have been pros and cons of the North American Free Trade Agreement (NAFTA) bandied around by politicians in the press. NAFTA is a free trade agreement that would enhance trade with the United States, Canada and Mexico by reducing or removing licensing requirements, quotas and tariffs. This should lead to more efficient use of resources and improved economic well-being for the counties involved. However, NAFTA may also cause disruptions in specific labor markets in the three countries. How will this affect agriculture, especially in Nebraska? Roy Frederick, UNL agricultural economist, has compiled material drawn from many USDA and Congressional Research Service sources to answer this question. His nine-page paper is entitled "Impact of the North American Free Trade Agreement on Nebraska and the Great Plains." Stop by the office to receive this paper. (BPO)

## Rural producers...mark your calendars

### December

- 7 Nebraska Swine Enterprise Records Orientation Meeting, 9:30 a.m., Ceresco
- 10 Eastern Nebraska Soybean Day and Machinery Expo, 9 a.m. Wahoo
- 15 Farm Management for Tomorrow, 1:30 p.m. Lincoln

### January

- 5 Crop Protection Clinic, 8:45 a.m. Lincoln
- 11 Capitol Pork Producers: Production Clinic, 9 a.m. Lincoln
- 20 Ag Marketing Sense, 9 a.m. Lincoln
- 28 Grain Sorghum Production and Marketing Seminar, 9 a.m. Lincoln
- 29 News Tools for Pasture Production, 10 a.m. Lincoln

### February

- 2-3 Nebraska Microcomputer Conference, Kearney
- 3 Private Applicator Training, 7 p.m. Lincoln
- 4 Private Applicator Training, 1 p.m. Lincoln
- 5 Private Applicator Training, 9 a.m. Lincoln

(DV)


Please turn to Alfalfa: page 11





# Environmental Focus

## New trees "spruce up" Lincoln neighborhood

 Winds in excess of 100 miles per hour ripped through Lancaster County this past July. The summer storm of '93 damaged or destroyed thousands of trees in the Lincoln area alone.

For one neighborhood, this devastation became the driving force behind an effort to "re-leaf" their community park. The Taylor Park Neighborhood Association didn't even exist until the damage had already been done. A few concerned neighbors heard about the Lower Platte South NRD's Community Forestry Cost-Share Program and quickly began a door-to-door fund raising effort to plant 26 new trees to replace those lost in the July 8 storm.

Taylor Park residents Luci Prier, Barbara Fawl and former Lincoln Mayor Roland Luedtke were among those who joined forces to get a "Tree Replacement Committee" under way. Luedtke pointed out that this is just the beginning of the committee's tree planting efforts. The district's cost-share program has inspired Taylor Park neighbors to begin planning for future cooperative efforts with the NRD.

Luedtke refers to citizens' abilities to turn tragedy into growth as the "Nebraska Spirit". He explained, "This misfortune and disaster of the windstorm has brought about changes and new participation". The Taylor Park Neighborhood Association will soon become a reality as a result of the spirit that Luedtke described.

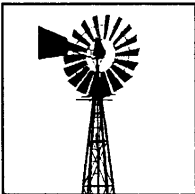
Maples, lindens, red oaks, pines and other species native to the area made Taylor Park their home this past September. "We tried to emphasize not only storm replacement but also beautification and wildlife habitat," said resident Barb Fawl.

The Lower Platte South NRD approved six other similar tree planting projects this fall that will add more than 300 trees to public land in the area. The district has budgeted \$70,000 to plant trees on public lands this year. Any community interested in planting trees on school grounds, in parks, along streets or other public property is encouraged to participate in this cost-share program. The program provides a 50% cost-share incentive and participating groups may include in-kind donations as a part of their share in the project.

Interested persons can sign-up for the program for either spring or fall planting. The deadline for spring planting plans is January 1, 1994. District Forester Rich Lodes says that now is the time to start getting an application together before the deadline approaches. If you think your neighborhood could benefit from the NRD's Community Forestry Program, give Rich a call at 472-3645. He can help you design a tree-planting plan that will work best for your area.

The Lower Platte South NRD salutes the residents of Taylor Park and all the other participants in the Community Forestry Program. (DJ)

## Shock chlorination water treatment



Shock chlorination is the process of placing a strong chlorine solution in a complete water source and distribution system to kill nuisance and disease-causing organisms. Shock chlorination is recommended following construction and installation, anytime the source or system is opened for remodeling or repair, or when coliform bacteria is detected in the water system.

To perform a shock chlorination, first clean the well, spring house or storage reservoir. Remove debris. Scrub or hose sediment or deposits from the interior surfaces. Pump to remove suspended foreign matter.

Next, scrub accessible interior surfaces with a strong chlorine solution (1/2 gal chlorine laundry bleach per 5 gal water). For a reservoir or well containing water, calculate the amount of water in the reservoir and add chlorine at a concentration of about 200 mg/l. Request a Shock Chlorination Fact Sheet from the extension office to assist in determining the proper chlorine concentration for your situation.

A chlorine solution can be poured directly into a well, but the best way to add chlorine to a drilled well is to pump water into a tank or other container that holds more water than is stored within the well bore. Mix the chlorine carrier with the water in the tank and then let the tank contents flow into the well.

Or, put the required chlorine tablets in a weighted porous sack and lower and raise it within the entire water depth until the tablets are dissolved.

Then, pump to recirculate the chlorinated water out of and back into the well by attaching a hose to a faucet or hydrant. Wash down the

well casing and drop pipe as the water must have a strong chlorine odor. If not, add more chlorine carrier into the well.

Caution: A rubber air-water separator in the pressure tank may be damaged by a strong chlorine solution.

Before disinfecting the distribution system, temporarily remove or bypass any carbon filter in the system. Then, open each faucet and hydrant in the distribution system one at a time. Let water run until it has a strong chlorine odor at the faucet before turning it off and going to the next one. Add more chlorine at the well if the chlorine odor is weak at any faucet.

Drain water accessories, such as the water heater, and refill them with chlorinated water. Release the air from the pressure tank (except for tanks with a permanent air cushion) to completely fill the tank with chlorinated water. Backwash the water softener and all filters (except carbon filters) with chlorinated water.

Once the chlorine adequately reaches all faucet points, let the chlorinated water stand in the well and distribution system at least two hours-preferably overnight (best for nuisance organisms like iron bacteria)-then pump it out of the well and flush all lines.

Pump the flushed-out water through a hose to a road ditch, waterway or bare area. Do not use it to water a garden or lawn. Do not let more than 100 gallons flow

through faucets and drains that lead to a septic tank.

Strongly chlorinated water is not harmful to livestock but they refuse to drink it unless very thirsty. Therefore, fill livestock waterers before starting to shock chlorinate if the strong chlorine solution is to be left in the system overnight.

After the well or other source has been thoroughly pumped to remove the chlorine, use the water (except for drinking) for a week and then have another water sample tested. Two, or even three, consecutive safe tests give you more confidence that the problem has been corrected. No bacteriological test is perfect; the results of one test can be misleading. If tests show continued presence of disease-causing bacteria or iron bacteria, repeat the process. Blowing out the pipelines with compressed air prior to the second chlorination helps destroy or control an iron bacteria infection.

Test again after the second chlorination. If there are still disease-causing bacteria present, get help from a well driller. He may recommend surging the well with a strong chlorine solution.

If several shock chlorinations do not remove nuisance and disease-causing bacteria, identify and stop the source of contamination, abandon the water source and develop a new source or continuously chlorinate the water system. (DV)

## Floor coverings emit chemicals

Since concern over indoor air pollution has grown, some questions have been raised about the relationship between carpet products and indoor air quality. The Consumer Product Safety Commission (CPSC) and the U.S. Environmental Protection Agency (EPA) have examined carpet and emissions in recent years. The

CPSC asked consumers to report to them any problems with newly-installed carpet. Both EPA and CPSC continue to collect information on carpet.

New carpet can be a low-level source of chemicals that are emitted into the air. Most of the emissions are gone in about a week

*Please to to Floor: page 11*

## Attracting and feeding songbirds becoming a popular pastime

Bird feeding, especially winter bird feeding, has become a popular pastime for many Americans, especially in areas where winters are long and cold. Watching birds from the comfort of the kitchen or family room window can provide hours of pleasure for people of all ages. Common winter birds likely to visit feeders in Nebraska include chickadees, blue jays, cardinals, goldfinches, dark eyed juncos, tree sparrows, mourning doves and several kinds of woodpeckers.

There are many factors to consider when you start a bird feeding station. Ignoring any of them will reduce your chances of attracting a variety of birds to your property. The location of your bird feeding station is important. Birds prefer feeding where they are protected from strong winter winds and where shrubs and trees are growing close by, that provide protective cover and perching sites. Evergreens are especially useful for providing cover. If your property doesn't have a good existing site for a feeding station, plant a mix of evergreen and deciduous trees and shrubs to establish a good site for birds.

Feeders are another consideration. There are many kinds of bird feeders available at garden

and hardware stores. Many books and wildlife magazines offer plans for building bird feeders also. Using a variety of feeders will increase your chances of attracting a variety of birds. Each type of feeder attracts certain birds. For instance, goldfinches are easier to attract if you feed them niger thistle seed in a plexiglass tube feeder. Suet feeders, usually made from


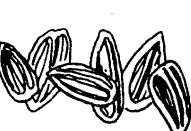
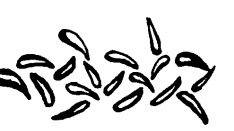


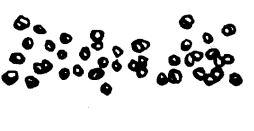
plastic-coated wire, are used to hold chunks of suet. Woodpeckers and nuthatches are fond of suet.

When it comes to bird seed, there are many kinds of seed, but some are much better than others for attracting birds. For general purpose, a mixture of equal parts sunflower seed, millet and cracked corn is an excellent seed mix. There are also some specialty kinds

of seed for attracting specific birds. Some seeds are common in bird feed mixes, but aren't especially good for attracting birds. Avoid seed mixes with high proportions of milo, wheat, oats, rice and rapeseed. When you consider that the birds won't eat most of these undesirable seeds, a bargain price isn't so appealing. For more details on attracting and feeding birds, visit your local library or bookstore. There are many excellent books on birds and bird feeding.

For more information on this backyard wildlife, consult *NebGuides G-669, "Feeding Birds" and G-671, "Planting for Habitat"*. These are available, free of charge, by calling 441-7180. Another very nice publication, *"Who's Who in Great Plains Songbirds" (EC-1757)*, presents details on several favorite birds found in Nebraska. It costs \$3 and can be purchased at University of Nebraska Cooperative Extension in Lancaster County. (BPO)

### EXAMPLES OF SEEDS FOR BACKYARD BIRDS.

	
CRACKED CORN	STRIPED SUNFLOWER SEED
	
NIGER THISTLE SEED	BLACK OIL-TYPE SUNFLOWER SEED
	
WHITE PROSO MILLET	RED PROSO MILLET

## Be a bird-watcher!

Bird-watching is fun because it gives you a chance to be outdoors and to get close to nature. It also provides you with an opportunity to learn more about how birds look, where they live, what they eat and how they sound. The best times of day to watch birds are in the early morning, just before sunrise, or in the early evening, just after sunset.

Feeding birds is the simplest way to bring a variety of them to within easy viewing distance. To attract seed and/or insect/meat eaters, make these "easiest ever" bird feeders:

1. Collect plastic mesh bags, like the ones used to hold grapes or onions. Fill them with suet - cut into 1/2 inch cubes. Tie strings around the tops and place them in trees.
2. Gather ears of corn. Roll them in peanut butter, then in bird seed. Nail these birdfeeders to the trunks of trees.
3. Find some large pine cones. Spread peanut butter in the crevices or cracks, then roll them in bird seed. Attach ribbons or strings to the tops of the pine cones and hang them in trees.
4. Buy peanuts in their shells. Moisten the peanut shells with water so they are soft enough to insert a needle. Thread a large needle with the appropriate-sized fish line and sew the peanuts together. Hang them in a tree. (ALH)

# Bring out the best in your volunteers

Volunteers are the backbone of many of our programs in extension. It is very important for everyone to work well together and to provide support in ways that do not increase anyone's stress level.

Some ideas that people might use to help volunteers achieve their highest potential, and enjoy the satisfaction that comes from a job well done, are these suggestions adapted from Professional Training Associates, Inc.:

1. Ask volunteers to share their ideas. The people doing the work always know how to improve their performance. They know how to put more of themselves into the work and get more out of it. However, they may need to be encouraged to communicate their ideas. Let them know that you want to hear from them. When they make good suggestions, listen, ask questions and use their ideas.

2. Welcome change. Because the fear of the unknown, people are sometimes reluctant to change the way they operate. Help volunteers think changes through and discuss their effect on existing procedures and responsibilities.

3. Set challenging goals and measure performance. Before things can be improved, everyone needs to know where they are and decide where they want to be. This can be done by taking stock of the current situation and setting goals for improvement. The goal setting process is one that needs to involve all volunteers. Together individual goals, group goals or both can be set. The goals should be high enough to challenge, but not so high that they are impossible to attain. Once the goals are established, share information that will tell others how they are doing. The more information volunteers have about the progress toward their goals--and the more frequently they get it--the more productive they will be.

4. Be generous with feedback. A most effective way to help volunteers improve is with feedback. Observe and reward individual performance and make suggestions for improvement. Be sure to praise specific behaviors and discuss ways to improve. Both types of feedback are important.

5. Reward initiative. When volunteers exercise initiative, they contribute more. Let the volunteers know that you are pleased when they assess a situation well and take action.

6. Develop volunteers who show special potential. Stay alert to indications that a volunteer might learn new things or want to do more. Sometimes the clue may be a particular aptitude or interest. At other times, you may just see that a volunteer has some extra energy. Whatever the clue, be prepared to develop volunteers who show potential for growth. Consider changing their responsibilities and provide training that will prepare them for new duties.

It is important to encourage and develop those leadership skills that will enhance the goals and objectives of their organization. Leadership is often provided by those who start out volunteering in very small ways and are encouraged to continuously build skills that eventually vault them into key leadership roles. (LJ)

## Denton news *Excerpts from "Town Talk"*

### Community center dedicated

The Denton community dedicated a new community center October 17. The need for a new community center was identified as part of the Denton Community Goals workshop conducted in April 1992. Village board members formed local community action committees to address priority goals. The community center's completion, in such a short time, is an excellent example of the community's volunteers and hard work.

Tom Casady, Lancaster County Sheriff, related a story from Denton's early history of community cooperation. The infamous event went something like this-- "... the assault of young Anna Rains and the subsequent lynching of her assailant by Saline County residents. The lawmen, seeking positive identification of the criminal by the victim, planned to escort their prisoner to the Rains home; but, (they) feared a welcoming party would take the law into its own hands." Over one hundred years ago, Denton's residents "lent a hand" to law officers by providing alternate transportation and shelter. The sheriff's office has office space in the new community building illustrating the level of cooperation between the village's and the county's government--1993 style. (DM)

## Telephone basics for business

Studies have shown that the first 15 seconds of any telephone call are crucial to a business. Here are some suggestions for making your voice work over the phone:

- Warm up your voice in the morning.
- Record your voice and play it back. Remember, most people dislike the sound of their own voice.
- Use your natural pitch. Unconsciously switching your voice to create another image is not only artificial, but can be harmful to your voice over time.
- Sit-up straight when answering your phone. This creates a more alert tone in your voice.
- Listen actively. Let the person you are speaking with know you are listening. Use response signs such as "yes," "I understand" and "certainly."
- Smile. People will "hear" your smile over the telephone. One indication that you are not smiling is when people, who know you, ask if you are feeling all right. They hear stress and fatigue in your voice. (AH)

## "Step One To Business Ownership" Workshop

December 11, 1993  
9:00 a.m. to 12:00 p.m.

Business and Technology Center  
2505 North 24th Street  
Omaha, NE 68110

Instructor: Leon Milobar  
Nebraska Business Development Center Associate Director

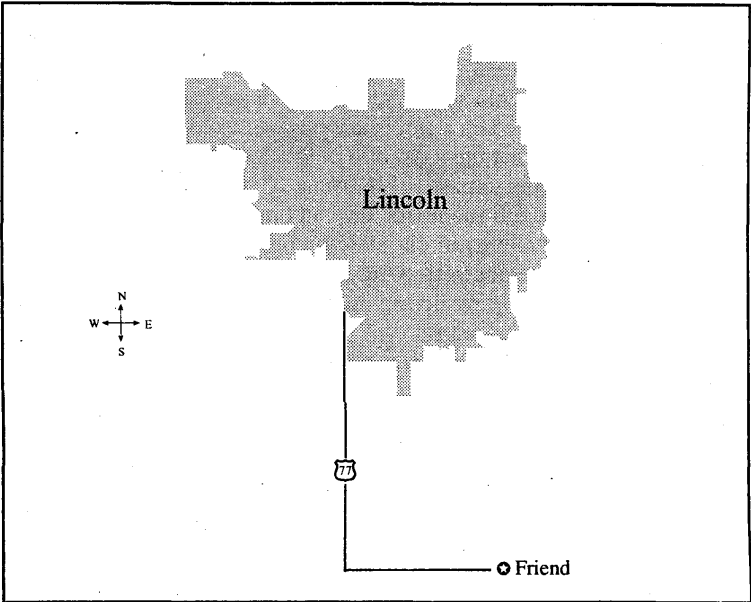
For reservations and further details,  
call the Omaha Business & Technology Center  
402-595-3511 or 402-346-8262

## Community & Leadership Development



## December community profile - Firth, NE

Each month a rural community in the Lancaster County trade area will be profiled. Community profile information was provided by the village of Firth.



### Location

25 miles south of Lincoln  
25 miles north of Beatrice  
70 miles southwest of Omaha

### Population

Year	Number of People
1970	271
1980	425
1992	435 (estimated)

### Transportation

State Highway 79  
Lincoln Municipal Airport  
Union Pacific Railroad  
Paved county highways

### Village Utilities

Electricity - Norris Public Power  
Water - Municipal Supply  
TV - Douglas Cable (10 channels)  
TV - Local (four channels)

### Manufacturing and Retail

Bob Brewster Honey Processing  
Firth Cooperative  
State Bank of Firth  
Wieskamp Repair

### Municipal Services

Local board of trustees  
Village zoning ordinances in effect  
Volunteer fire department  
County Sheriff personnel  
Village consulting engineer  
Private garbage service  
Mobile library services  
100% paved streets

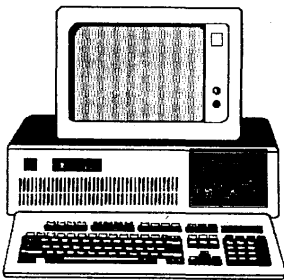
### Recreation Facilities

Tennis courts, ball park, picnic areas

### Organization Contacts

American Legion  
Lakeview Rest Home, Inc.  
Family Community and Education Clubs  
Firth Homemakers  
Merry Mixers  
Rosehill  
Southern Belles  
4-H Clubs  
Border Ruffians  
Country Classics  
Hickman Barnyard  
Kidding Around  
Pine Lake Road Riders  
Unicorns (DM)

## NEBLINE RBBS (Remote Bulletin Board System)



(402) 441-7149

300-2400 baud  
24 hours a day  
Free access to extension information!



# Human Resources

## Carol's comments



### "IF U CN REED THIZ STORIE..."

A generation ago, people asked why Johnny can't read. Now that Johnny is all grown up, he's still in trouble, and so is corporate America, whose leaders have long claimed that illiteracy will do in the nation's economy. According to a new report from the Department of Education, nearly half of all adult Americans read and write so poorly that they have trouble holding down decent jobs...Education Secretary Richard Riley called on schools and businesses to bolster literacy and skills programs so that the most dire predictions of America's business leaders do not come to pass. (*U.S. News & World Report*)


Lancaster County FCE members have an opportunity to help overcome the illiteracy problems in our state by becoming involved in literacy links. We will be contacting our schools to set up the program. Will you volunteer to help by giving an hour or less a week to attend school and listen to a child read?

**Keep Nebraska Beautiful** has been selected as the Environment Focus for 1994. Special emphasis will be placed on the cleanup and beautification of roads and highways entering our towns and cities. Sponsoring litter-free events will fit in well with beautification.

**1994 dues**—one question that keeps coming up is, "can a local group join a county FCE but not state or national?" No. Just as in other groups (American Legion Auxiliary, FHA, FFA, etc.) membership in FCE is structured by joining the local, county, state and national all at the same time and not one level at a time. The constitution of the Nebraska Association for Family and Community Education, adopted June 1993, states that membership is paid at one time and is applicable for all levels in the organization.

Many of you feel that \$20 is too much, and maybe it is, if you don't take advantage of all the opportunities our organization has to offer. The District D meeting was poorly attended by Lancaster County. We had a very poor attendance at Achievement Day. Very few of you ever attend State Convention. Many of you refuse to serve on committees. Only 15 clubs were represented at all four council meetings. These are some of the things that our dues are spent on. It's time to look at your club and decide if you want it to be a social club or if you are willing to help make a difference in our families and communities as our name suggests.

—Carole Doeschot, County Chair



## Nebraska Association for Family & Community Education

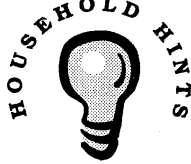
### 1994 FCE leader training lesson

All training sessions will be held in the Lancaster Extension Conference Center at 1 p.m. and repeated at 7 p.m. All training sessions are open to the public. If you are not a lesson leader and would like to attend call 441-7180 to preregister, so that packets of materials can be prepared.

Lesson titles and dates given:

**Do You Know Beans?**—Thursday, January 6, 1994  
**Inquiring Minds**—Monday, January 31, 1994  
**Waste Not! Want Not! Help Your Environment and Your Pocketbook Too**—Tuesday, February 22, 1994  
**Water: Use It Wisely in the Landscape**—Tuesday, March 29, 1994  
**You and Your Credit Card**—Tuesday, September 27, 1994

**Do You Know Beans?** training lesson will be presented Thursday, January 6, 1 or 7 p.m. by Alice Henneman, extension educator. This lesson will explore how dry beans fit into Nebraska's agricultural and nutritional health scenes. (LB)



## Holiday safety

Use indoor and outdoor lights that have been tested for safety. Check sets of lights, new or old for broken or cracked sockets, frayed or bare wires, or loose connections.

Use no more than three standard size sets of lights per single extension cord.

Never use lighted candles on a tree or near other evergreens.

Use only non-combustible or flame resistant materials.

Remove all wrapping papers from tree, fireplace and wood burning stove area immediately after presents are open.

Plan for safety. Remember there's no substitute for common sense.

Have a Happy Holiday Season. (LB)

## Indulging without bulging

Get through the holiday without gaining weight or giving up all the goodies by following these tips:

**Pick your priorities and put your calories there.** Rather than eating your way from one end of the buffet line to the other, scope it out first. Decide what you would enjoy the most and then let the rest go by.

**Downsize your portion size.** Dr. Kelly Brownell, a weight control expert, has found that people typically enjoy the first few bites of a food the most. So, stop after you've had a small portion. You'll be quitting while you're still ahead both taste-wise and calorie-wise.

**Haste goes to waist.** It takes about 20 minutes from the time you begin eating until your appetite begins to shut off. Slow down to slim down.

**Manage the mingling to minimize the munching.** If you've ever emptied a bowl of dip while socializing by the food table, try hanging out in a different location.

**Don't eat the whole cake because you had a cookie.** Just because you ate a cookie or two (or three...) doesn't mean you've blown the whole diet. It takes an extra 3,500 calories to gain one pound. It's only if you go on to eat everything else in sight the rest of the day. Then you'll feel the effects of "indulging". (AH)



Nebraska

### Healthy Mothers Healthy Babies

**24 Hour Helpline  
1-800-862-1889**

## Be a patient parent

The following tips will help you better teach patience and be a better parent to your child. These ideas apply to both the parent who works or stays at home, and no matter what the age of your child.

**Practice what you preach.** Children learn patience by watching their parents model it," says Marcy Guddemi, vice president of education and research at KinderCare Learning Centers. "They watch how we act when we're in a slow line at the grocery store. If we get short-tempered and intolerant, they think that's the way to deal with people.

**Respect your child.** Besides mirroring the way we act with other people, kids copy the behavior we exhibit with them. If we take care not to interrupt their play abruptly, they are likely to extend the same courtesy to us.

**Keep your word.** When you tell your child you'll help him with his project in 15 minutes, don't make him wait half an hour.

**Reinforce good behavior.** How often have you seen a parent bawling out a child in a store? But have you ever noticed a mom give her child a hug and tell him how proud she is of him for being so patient while she shops?

Avoid pushing your child beyond his abilities. Encourage activities in which the child can be successful. Children don't learn to be patient by being put into situations where they have to struggle too much—they just learn frustration.

## Use these kitchen appliances safely

**Alice Henneman**  
Extension Educator

Are your children allowed to cook when you're not home? What safety tips are important to stress when you teach children how to cook?

Here's a list of safe appliance usage tips I provided for a recent training session on *On Your Own in Rural Nebraska*. If you are interested in learning more about bringing this program to your community, call LaDeane Jha, 441-7180. This program is a cooperative effort between the Lincoln/Lancaster County Health Department and Cooperative Extension.

**Toaster**

- Unplug when done toasting.
- Don't stick a utensil inside the toaster to retrieve a piece of toast when the toaster is turned on and/or plugged in.
- Be careful about having flammable items next to the toaster -- for example, a dishtowel thrown on the counter top next to a hot toaster.
- Place toasters so they aren't located near curtains, under counter tops or near flammable materials.

**Can opener**

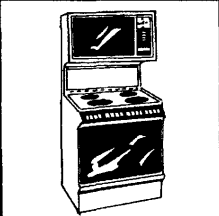
- Be careful not to get injured on the cut metal edges of the can.
- When possible, set the can on a flat surface when using the

can opener.

**Knife and cutting board**

- Cutting boards should be washed thoroughly with hot soapy water after each use. They should also be washed between cutting different types of foods such as meats and vegetables, or fruits and cheeses. Let the board air dry or pat it with fresh paper towels.
- Pick up a knife by the handle, never by the blade.
- Always cut away from yourself. Use a cutting board as much as possible to support the food being cut.
- Wash knives separately if washing by hand. It's easy to forget they're there and get cut.
- Wash and dry knives with the blade turned away.
- Carry knives with the point down.

**Stove top/oven**




- Keep flammable or meltable items such as potholders, dish towels, paper towels, plastics, etc. away from hot burners.
- Keep handles of pots and pans turned away from the front of the range so they don't stick out over the edge. This prevents someone bumping and spilling the pan when walking by.
- Tilt the lid of a pan away when taking it off. This prevents burns

from the steam that comes out.

- Always set hot pans on a cooling rack, wooden cutting board or a trivet -- never directly on a kitchen counter or table.
- Use dry potholders. Avoid using a dishtowel or other large cloth, which could drop on a hot burner, as a potholder.
- Watch out opening the oven—beware of burns from the hot edges of the oven and oven door.
- Turn the oven and burners off when finished cooking.

**Food processor/blender/mixer**



- Insert beaters or blades before plugging it in; likewise, unplug before taking beaters or blades out.
- Stop processor, blender or mixer before stirring or scraping ingredients.
- Dry hands before plugging in, disconnecting or using electrical equipment. Avoid dropping a plugged-in appliance in water.
- Remove electrical cords by taking hold of the plug and pulling straight out. Never pull directly on the cord.

**Crock pot/electric fry pan/popcorn popper**

- Avoid dropping a plugged-in appliance in water.
- Remove electrical cords by taking hold of the plug and pulling

straight out. Never pull directly on the cord. Unplug appliances after using them.

- Be careful about touching hot surfaces.

**Microwave**

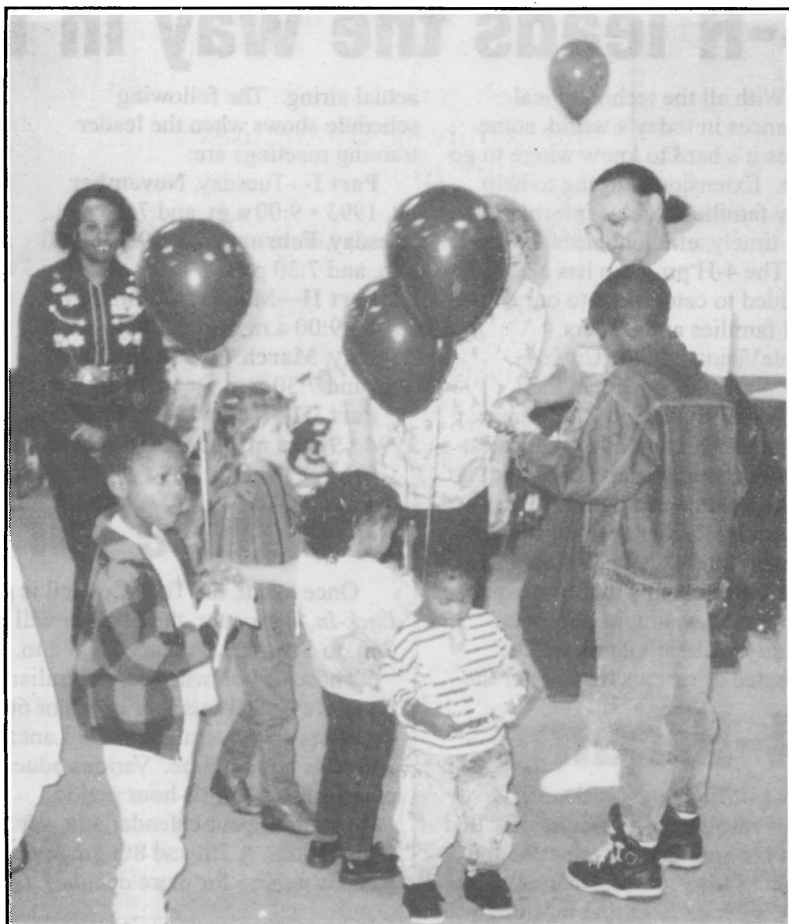
- Never turn on an empty oven. This can cause the oven to break.
- Read package directions carefully. Make sure you know how to set the microwave oven controls (for example, 10 seconds, rather than 10 minutes).
- Use only microwave-safe cookware.
- Use pot holders to remove items from the microwave. Microwavable dishes get hot from cooked food.
- If a dish is covered with plastic wrap or wax paper, turn up one corner to let excess steam escape. Pull plastic wrap off foods so steam escapes away from hands and face. Steam can burn.
- Pierce hot dogs and baked potatoes before cooking. This keeps them from exploding.
- Break jelly donuts and fruit pastries open before eating. The jelly or fruit inside can get very hot and burn your mouth.
- Let the popcorn bag sit for several minutes before opening. Steam from the bag can burn the face, eyes, arms and hands.
- Never pop any food right from the microwave into your mouth. Allow the food to cool for several minutes before eating. (AH)



# EFNEP & Lincoln Housing Authority team up

LaDeane Jha  
Extension Educator

"What a good idea!" "I learned about foods in the Food Pyramid." "The animals were really neat!" "The dog is sure friendly." "Can I use these toys with my family?" "Where can I get more information about what my family should be eating?" These were just a few of the comments made by family members attending the Family Fun Fair sponsored by the Expanded Food and Nutrition Education Program (EFNEP) and the Lincoln Housing Authority. The fair was a cooperative effort aimed at bringing families together for fun and information related to the health and well-being of their families. The Lincoln/Lancaster County Health Department, Women, Infants and Children (WIC), the Lincoln Fire Department and M.A.D. Dads of Lincoln, Inc. all participated in the fair. Additionally, April Fogelman, a Lancaster County 4-H member, brought poultry and rabbits to the fair for children to play with and to give families a taste of what 4-H can offer. Hunter, a champion dog, along with Carolyn Bailey, a 4-H dog project leader, entertained the youth. Dimples, the Clown, made apple balloons and passed out healthy eating stickers and Alice Henneman talked with families about nutritious snacks. EFNEP nutrition advisors played nutrition games with families and Lorene Bartos provided families with information about the Kiwanis Club/Cooperative Extension



The kids got balloons the night of Family Fun Fair. The fair was held at the Lancaster Extension Conference Center.

Program, "Learning is Child's Play."

The purpose of the fair was to promote family activities aimed at improved nutrition, family interaction, and increased safety in the home. Specifically, EFNEP is concerned with providing nutrition education to both youth and adults in Lancaster County. Working with families with younger children is a priority because of the potential benefits derived from improving the nutrition of this population segment. There is some evidence that the effects of early malnutrition are irreversible, and a child who is malnourished prenatally or during the first three or four years of life will not reach his or her full potential. Improved diet can also have a positive effect in helping prevent chronic diseases such as heart disease, high blood pressure, adult-onset diabetes and obesity. Studies have shown that with

proper nutrition, many families can effect changes in life-style which help them share in America's affluence rather than its hunger. EFNEP has been successful—it works!

EFNEP is available to both youth and adults in a wide variety of settings and in cooperation with many community agencies as was evidenced at the Family Fun Fair. If you are interested in having a nutrition advisor call on you; would like to refer someone to the EFNEP program; or if you would like to know more about an EFNEP youth group, contact: the EFNEP Program, University of Nebraska Cooperative Extension in Lancaster County, 444 Cherrycreek Road, Lincoln, NE 68528-1507. Phone: 441-7180

## Home alone - telephone safety tips for youngsters

Dual career or single parent families are finding that children are home alone more often due to busy work and family schedules.

*Home Alone in Rural Nebraska* is a cooperative project between Cooperative Extension and the City/County Health Department being conducted in several rural communities and 4-H clubs. This will help youth learn techniques to deal with situations that may arise when they are home alone.

Communication via telephone is very important to these youth. Now is the time for children who are going to be home alone or with a sibling—after school or for any short periods of time—to learn how to use the telephone. The phone is not only their link to the outside world and your link to them, it can also be a lifesaver in case of an emergency. Therefore, kids need to learn:

- Their full name, complete address and telephone number.
- The full names of their parents.
- How to report an emergency by dialing 911, 0 for the operator or other emergency numbers.
- The nearest intersection to their home, especially to help direct police and fire officials.

The National Safety Council also recommends that children memorize the acronym LIFES and know what each letter represents:

- L is for the Location of an emergency.
- I is for the specific Injury or Illness being reported.
- F is for First aid and if any has already been given.
- E is for Equipment needed. If kids can accurately report an emergency by saying, "There's a fire in the kitchen" or "My mom fell down and thinks she broke her leg," those responding to the emergency will know what equipment to bring.

S means to Stay on the line so the emergency operator can get all the necessary information he or she needs from the caller.

When children go away from home, be sure to give them proper change for pay telephones. Also, teach them how to make an operator-assisted call or a collect call, in case they don't have the correct change and need to reach you. Have a system so your child can reach you at

Please turn to Phone: page 11

## Human Resources



## Holiday food safety hints



Keep food poisoner "grinches" from taking over your holiday by following these guidelines.

### In general:

• Foods containing meat, poultry or dairy products are perishable and must remain refrigerated until you're ready to use them. This includes pumpkin or cream-type pies.

• You can leave out, for most of the day, raw fruits and vegetables, fruit pies, most cakes (see above) and sweets.

• Keep perishable hot foods hot, cold foods cold, everything clean and don't leave any food in the **DANGER ZONE** (between 40 and 140 degrees F.) for more than two hours!

### Handling perishable foods at a buffet:

• Serve hot foods from chafing dishes or warming trays that maintain the internal temperature of the food at 140 degrees F. or above.

• For cold foods, nestle the serving dish into a bed of crushed ice.

• Small platters for replenishing the serving table should be prepared ahead and stored in the refrigerator (at 40 degrees F. or below) or kept warm in the oven (at a setting of 200 to 225 degrees F.).

• Foods that have been held at room temperature for more than two hours during serving should be discarded. Fresh food should not be added to a serving dish or platter containing foods that have already been out for serving. (AH)

## Healthy Eating



In case you missed our Healthy Cooking with "Speed Scratch" class, here's an example of a "speed scratch" recipe. A convenience food (frozen fruit) is combined with a fresh food (milk) to produce a quick and healthy lowfat shake type drink. Use your creativity and try it with a variety of frozen fruits—raspberries are a favorite of mine.

½ — ¾ cup frozen fruit (½ cup sliced, ¾ cup whole berries)  
½ cup skim milk, buttermilk or nonfat plain yogurt  
¼ teaspoon vanilla extract

sweetener as needed: about 1 - 2 teaspoons sugar or ½ to 1 package Equal sweetener

Blend first three ingredients until smooth. Sweeten to taste. Yield: about 1 cup. One serving: 1 cup. Calories per serving: 95 with sugar; 80 with Equal.

Source: Recipe reproduced with permission from: Brenda Ponichtera, R.D., author, "Quick & Healthy," ScaleDown, 1519 Hermits Way, The Dalles, Oregon 97058. Cost is \$16.95 + \$2 postage. —Alice Henneman

## Some holiday gifts money can't buy

This is the time of year when we begin thinking about the holidays, gift-giving and being together with family.

This might be a good time to stop and think about what gift we really want to give our children, what gifts will truly enrich and sustain them throughout their lives. Here are some suggestions for a different and more meaningful gift list:

### The Gift of Awe

Through the gift of awe our children go out into the world in excited anticipation of what they might find there. Our children will face some of the same struggles we have, needing to find their way through relationships, moral dilemmas, financial uncertainties, and countless other challenges. If they can still

notice and be awed by the beauty all around them—such as the dance of a robin on the lawn—their world will never turn into a mere "sea of troubles".

### The Gift of Ideals

This is a cynical age, with few heroes and increasing uncertainty over values. Yet millions of people will sit in front of TV sets and watch (again) the movie, "It's a Wonderful Life". They'll see George Bailey discovering that he has been living a life consistent with his highest ideals. He had never identified them for himself until an angel helped him see that his hard decisions at critical points in his life had all been guided by his commitment to treat others kindly and fairly.

### The Gift of Confidence

When we call someone confident we mean a number of things: he/she has faith that they can achieve what they set out to achieve; they will work hard and persevere despite setbacks or criticism; and that they can set goals. These assets are wonderful to see in a child. When fixed on a goal or

faced with frustration, the inner voice of the confident child says, "I can do it". Without this voice, children give up easily and set their sights low. Louis Pasteur captured the essence of confidence when he said, "Let me tell you the secret that has led me to my goal. My strength lies in my tenacity."

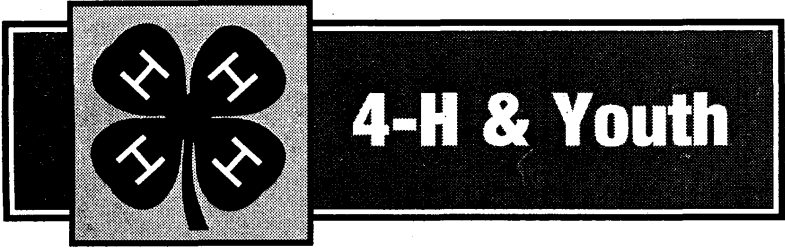
Edgar Albert Guest captured the spirit of confidence in his poem "It Couldn't Be Done," which begins:  
*Somebody said that it couldn't be done,  
But he with a chuckle replied that "maybe it couldn't,"  
But he would be one who wouldn't say so till he'd tried.  
So he buckled right in with the trace of a grin on his face. If he worried he hit it.  
He started to sing as he tackled the thing that could be done, and he did it.*

### The Gift of Love

Love is more than the giving of a toy or game. The essence of the gift of love is for our children to come to feel that we root for them even when we find it necessary to say no, we can rest assured that we've given them a gift which will last a lifetime.

Source: Michael Schulman, Working Mother, December, 1990. (LB)





### 4-H Bulletin Board

- Once again...**Teen Council** will be held Sunday, **December 12** from 3-5 p.m. Bring a friend and get in the holiday spirit!!
- 4-H clubs—Remember, **Kiwanis Karnival** is coming up and we need lots of people to help. It's a lot of fun and a great way for 4-H members to do community service! Watch the NEBLINE for more information.
- 4-H leaders**—see the leader training article in the Community and Leadership Development section. (AMM)

# 4-H leads the way in innovation

With all the technological advances in today's world, sometimes it's hard to know where to go first. Extension is trying to help busy families receive information in a timely, efficient basis.

The 4-H program has also decided to cater more to our active 4-H families and leaders. CableVision and the City of Lincoln have connected the Lancaster Extension Conference Center for remote live broadcasts. Leader training is an important part of the volunteer program. You guessed it, leader training will be held on CableVision Channel 21. This will be 4-H's first live experience on television in Lancaster County. The programs will be repeated at various times after the

actual airing. The following schedule shows when the leader training meetings are:

**Part I**—Tuesday, **November 30, 1993** • 9:00 a.m. and 7:30 p.m., Tuesday, **February 22, 1994** • 9:00 a.m. and 7:30 p.m.

**Part II**—Monday, **January 10, 1994** • 9:00 a.m. and 7:30 p.m., Monday, **March 7, 1994** • 9:00 a.m. and 7:30 p.m.

**Part III**—Thursday, **May 19, 1994** • 9:00 a.m. and 7:30 p.m.

By using CableVision as another source to bring information to you, we hope that more people, not just leaders, will watch. These programs are effective for parents and 4-H members to help them understand the 4-H program and to promote 4-H to people just clicking through the channels.

Remember to watch the NEBLINE and your mail for more information on how to enjoy leader trainings at home. (AMM)

## My memories of summer 4-H camp

You may be wondering why I am writing about 4-H camp when it's wintertime. Well, 4-H camp memories and the beautiful summer days spent there are still vivid in my mind.

I will never forget my first 4-H summer camp. The night before was awful. I had sweaty palms, butterflies in my stomach and a feeling of excitement that kept me awake most of the night and my parents, too. The rainfall during the night had stopped by morning leaving the ground a little muddy. As I had hoped, the sun was now shining.

Upon arriving at the campgrounds, we checked in and went

to our cabin. The cabin was mostly hidden by a canopy of trees surrounding the building except for the front door which was peeking through the greenery. Trees, flowers, and shrubs encircled the campgrounds making a wonderful scenery. The rest of the day we played games such as "Name Train" and "Hello People" and learned the rules of camp. That evening we had campfire and sat around a warm crackling blaze singing songs and telling stories.

The next day, I got up early and went outside with my camera to take pictures of the beautiful scenery. The most wondrous sight met my eyes. Around the flagpole

## It's time for "Lock-In"

Once again, the Teen Council is planning the 5th and 6th grade *Lock-In*. This year, the *Lock-In* will be held Friday, January 21, 8 p.m. to Saturday, January 22, 8 a.m.

Those of you who are unfamiliar with the *Lock-In*, here's the details: any 4-H member in 5th or 6th grade may attend. The 4-H members stay overnight at the Lancaster Extension Conference Center and have a great time. Various educational and fun activities take place during this 12-hour period.

So, mark your calendar and watch the January NEBLINE for registration. A 7th and 8th grade *Lock-In* will be held at a later date. Keep watching for more details!! (AMM)

## Fuzzy, wuzzy Wabbits

Rabbits are fuzzy, warm and cuddly. They don't take much room or eat very much. They make good pets and 4-H projects for young people and can help children to learn responsibility and build self-esteem.

Parents and kids are so busy these days that they have very little time to spend together as a family. Some families have found that

some of the best times they have had were spent working together on their 4-H projects. Maybe this is why the Lancaster County 4-H Rabbit Project is growing so fast.

Another contributing factor is that the Lancaster County 4-H rabbit youth have a very active VIPS committee working for them behind the scenes. People like

*Please turn to Wabbits: page 10*

### KALEIDOSCOPE MAGIC

**WHAT IS IT???**  
A ski weekend

**WHEN IS IT???**  
Saturday & Sunday, February 5 & 6, 1994

**WHO CAN COME???**  
Any youth 8 to 12 years of age.  
**4-H membership is not a requirement.**

**CHECK IN/CHECK OUT TIMES:**  
Camp begins at 8:30 a.m.,  
Saturday, February 5, 1994  
Camp closes at 1:00 p.m.,  
Sunday, February 6, 1994

**DEADLINE:**  
Registration must be received by February 1, 1994

#### WHAT TO BRING??

Sleeping bag or blankets  
Pillow  
Towels and washcloth  
Soap, toothbrush, and other toiletries  
Plastic glass or cup  
Comfortable clothes/warm jacket  
Two pairs of comfortable shoes  
Lots of enthusiasm  
Your favorite board game  
Spending money (optional)

Ski pants or insulated coveralls  
Extra mittens or gloves  
Warm sport socks  
Hat or cap to cover ears  
Long underwear (if available)  
Layered clothes  
(spray pants, jacket and/or coveralls with Scotch Guard, if not already waterproofed)

Camp T-shirts and caps may be purchased (\$4.20 - 9.45). The camp store features supplies, snacks and camp souvenirs.

#### HOW DO I REGISTER??

Send total fee and registration form to the Eastern Nebraska 4-H Center.

Send your total fee and this registration form to:  
**Eastern Nebraska 4-H Center**  
21520 West Highway 31  
Gretna, NE 68028



Make checks payable to:  
**Eastern Nebraska 4-H Center**

- |   |        |    |
|---|--------|----|
| 1. Registration Fee (includes up to \$1,500 worth of insurance)                               | 25.00* | 1. |
| <b>Ski Package</b> (for Saturday, February 5)<br>Includes transportation to and from Nebraska |        |    |
| 2. Ski Package - \$20.00 (includes lift ticket, skis, boots and poles)                        | _____  | 2. |
| 3. Lessons - \$7.00 (mandatory for beginners)   | _____  | 3. |
| 4. Total Ski Package (add items 2 and 3)  | _____  | 4. |
| 5. Total Registration and Ski Package Fees (add items 1 and 4)                                | _____  | 5. |

\* All cancellations subject to a \$5.00 processing fee.

Last Name \_\_\_\_\_ First \_\_\_\_\_ Sex \_\_\_\_\_

Age \_\_\_\_\_ Address \_\_\_\_\_

City/State \_\_\_\_\_ County \_\_\_\_\_ Zip \_\_\_\_\_

Parent's Name \_\_\_\_\_ Phone No. \_\_\_\_\_

Work No. \_\_\_\_\_ Allergies \_\_\_\_\_

Medications \_\_\_\_\_ Last Tetanus Shot \_\_\_\_\_

My child has permission to take part in all camp activities and I will not hold the Eastern Nebraska 4-H Center or its staff responsible for accidents, claims, and damages arising therefrom. As parents or guardians, we authorize medical care and/or hospital and doctor care. The Eastern Nebraska 4-H Center has my permission to use any photographs of my child in its promotional material.

Parent or Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

If Parent or Guardian cannot be reached, call \_\_\_\_\_ Phone \_\_\_\_\_

Roommate \_\_\_\_\_



# There's more to 4-H than meets the eye

There are seven life skills that 4-H teaches its members. They are: 1) communicating; 2) decision making; 3) acquiring, analyzing and using information; 4) managing resources; 5) working in groups; 6) understanding self and 7) relating to others. These skills are used everyday, by everyone. The earlier in life you develop them, the better off you will be.

Being involved in 4-H by going to club meetings, taking projects and exhibiting at the county fair are excellent ways to build life skills. But the 4-H program offers a variety of contests and programs to further your abilities and talents.

The following contests are available for any 4-H member to take part in.

- Speech contest
- Music contest
- Home ec judging contest
- Horticulture contests
- Demonstration contest
- Table setting contest

Further explanation of these programs are found in a new flier developed by the 4-H staff. The flier is available at the extension office for your use. Let's promote these contests to get more involvement and develop the life skills 4-H has to offer. Call or stop by the extension office for more information. (AMM)

# You too can be a star



Thursday, November 4, 1993, the stars were out at 4-H Achievement Night. Of course, the stars in the sky were out, but the 4-H members were the real stars. Each year, the 4-H Council recognizes 4-H members for their outstanding work in the 4-H program.

Third-year members and high school seniors were awarded pins and the county award winners were given their awards. Scholarship winners were also recognized.

Everyone can be involved in this program if they want to be. All you have to do is fill out your record books. There are many awards available through the 4-H awards program. The program is this simple: 1) fill out your Building Your 4-H Record Book; 2) select an area to apply in (foods, horticulture, etc.); 3) write a 4-H story about that area; 4) gather some photographs of you in 4-H action and 5) put it all together and bring it to the extension office.

The rewards are endless and it's great to see how you progress through the 4-H program. As a 4-H member, you are already a star, but you can be a shining star! (AMM)

## New 4-H club at Elliott

Eighteen third and fourth graders are learning about 4-H through a special interest club that meets after school. Approximately one-half of the students are children who speak little or no English. Barbara Muchisky and Carrie Knight, ESL (English as a Second Language) teachers are co-sponsors of the group and the leaders include Candy Leader, a UNL Agricultural Education student volunteer, Ann Marie Moravec and Arlene Hanna. The youngsters are learning to cook by using the "Road to Good Cooking" project. The club will meet for eight sessions.

Arlene Hanna offered this comment, "I appreciate the opportunity to meet children of other cultures. They are delightful. The challenge lies in communicating with them and understanding their diversity. We were cautioned that Asian students probably wouldn't like ice cream, but last week we learned that they do like it—on a stick. Of course, we'll make ice cream, although it might be made in a can."

This club is an excellent way to bring 4-H to these students. Elliott school is very supportive of this program and looks to broaden the program in the future. (ALH)

4-H & Youth

## 1994 4-H fair update

Comments from the public regarding the proposed 1994 fair schedule were very much appreciated and some of the suggestions are now reflected in changes that the 4-H Council will propose to the Lancaster County Agriculture Society (the Fairboard).

Because of changes in the state fair dates for 1994, it is possible that the Lancaster County Fair dates will be moved back one week. This change requires a vote of the Agriculture Society at their annual meeting in December. If the change is approved, the fair will be held Wednesday, August 3 through Saturday, August 6.

The 4-H Council committee, evaluating aspects of the fair dealing with animals, has made further changes and recommendations after input from superintendents, VIPS committees and other interested persons. The following changes to the 4-H portion of the fair reflect these responses:

All animal check ins will occur on either Tuesday evening or Wednesday morning with all animals being in place by 11 a.m. on Wednesday. Certain animals must check in on Tuesday night—these include: sheep, swine, rabbits and poultry.

A return to an earlier checkout time (4 p.m. on Saturday) for all animals because of safety concerns related to tractor pull activities taking place at the same time as checkout.

A return to the 4-H beef show on Friday, as in the past, with a suggestion that the open beef show be held at a different time during the fair.

Move the rabbit awards, dress up and specialty classes to Friday evening. Rabbit breeder's choice to be held on Wednesday at 6:30 p.m.

Other suggested changes remain as published in the November NEBLINE.

If you would like to see a more detailed proposal of fair activities, or you have further comments or suggestions, please call LaDeane Jha, 441-7180. (LJ)

Please turn to page 10 for more 4-H and Youth News

## MIDWINTER ESCAPE

### WHAT IS IT???

A statewide leadership and ski weekend

### WHEN IS IT???

Saturday & Sunday, January 8 & 9, 1994

### WHO CAN COME???

Any teen 13 thru 18 years of age.

4-H membership is not a requirement.



### CHECK IN/CHECK OUT TIMES:

Camp begins at 8:30 a.m., Saturday, January 8, 1994

Camp closes at 8:30 a.m., Sunday, January 9, 1994

### DEADLINE:

Registration must be received by January 4, 1994

### WHAT TO BRING??

Sleeping bag or blankets  
Pillow  
Towels and washcloth  
Soap, toothbrush, and other toiletries  
Plastic glass or cup  
Comfortable clothes/warm jacket  
Two pairs of comfortable shoes  
Lots of enthusiasm  
Your favorite board game  
Spending money (optional)

Ski pants or insulated coveralls  
Extra mittens or gloves  
Warm sport socks  
Hat or cap to cover ears  
Long underwear (if available)  
Layered clothes  
(spray pants, jacket and/or coveralls with Scotch Guard, if not already waterproofed)

Camp T-shirts and caps may be purchased (\$4.20 - 9.45). The camp store features supplies, snacks and camp souvenirs.

### HOW DO I REGISTER??

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21520 West Highway 31  
Gretna, NE 68028



Make checks payable to:

Eastern Nebraska 4-H Center

- |  |        |    |
|--|--------|----|
| 1. Registration Fee<br>(includes up to \$1,500 worth of insurance)                           | 25.00* | 1. |
| <u>Ski Package</u> (for Saturday, January 8)<br>Includes transportation to and from Nebraska |        |    |
| 2. Ski Package - \$23.00<br>(includes lift ticket, skis, boots and poles)                    | _____  | 2. |
| 3. Lessons - \$7.00<br>(mandatory for beginners)   | _____  | 3. |
| 4. Total Ski Package<br>(add items 2 and 3)  | _____  | 4. |
| 5. Total Registration and Ski Package Fees<br>(add items 1 and 4)                            | _____  | 5. |

\* All cancellations subject to a \$5.00 processing fee.

Last Name \_\_\_\_\_ First \_\_\_\_\_ Sex \_\_\_\_\_

Age \_\_\_\_\_ Address \_\_\_\_\_

City/State \_\_\_\_\_ County \_\_\_\_\_ Zip \_\_\_\_\_

Parent's Name \_\_\_\_\_ Phone No. \_\_\_\_\_

Work No. \_\_\_\_\_ Allergies \_\_\_\_\_

Medications \_\_\_\_\_ Last Tetanus Shot \_\_\_\_\_

My child has permission to take part in all camp activities and I will not hold the Eastern Nebraska 4-H Center or its staff responsible for accidents, claims, and damages arising therefrom. As parents or guardians, we authorize medical care and/or hospital and doctor care. The Eastern Nebraska 4-H Center has my permission to use any photographs of my child in its promotional material.

Parent or Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

If Parent or Guardian cannot be reached, call \_\_\_\_\_ Phone \_\_\_\_\_

Roommate \_\_\_\_\_



## 4-H & Youth News continued

### Wabbits From page 9

Anita and Kathy Humann, Ken and Lois Staley, Tara and Suzanne Kruce, Pam and Mike Trawinski, Cathy Weber, Debi Williamson and Margaret Zoch are constantly striving to make the 4-H rabbit project and show simple, educational and exciting.

They are already working on proposed changes for next year. Such things as dropping the requirement for identification affidavits, that presently are required to be filed by June 15.

They are also working on adding two new educational classes: a Breeders Choice Class and, perhaps, a 4-H Cloverbud Class.

The breeders choice class would be designed for, but not limited to, more advanced members with the purpose of encouraging herd improvement through a careful breeding program.

The class would be open to purebred rabbits only and judged by the following: 50% on conformation; 25% on presentation of the rabbit's pedigree and a written explanation of why this particular set of parents were chosen, what improvement the exhibitor expected from this mating and 25% on the judges interview with the exhibitor.

If you have suggestions or are looking for a 4-H rabbit or a club to join, please call Dave Swarts, 441-7180. (DS)

### Space alert!

Blue Sky Below My Feet is a multimedia 4-H school enrichment program which introduces fourth and fifth graders to the world of science and technology. Featuring shuttle astronauts, the program links space-age technology to the everyday interests of boys and girls, increasing their knowledge and skills for daily living. Students discover what gravity is, what it's like to be weightless, how to work and live in space and how gravity affects our lives on earth. They find out how space suits are made, why we wear certain fabrics in space, for sports, or for jobs and the difference between human-made and natural fibers. Youngsters also learn how food is prepared for space, how astronauts eat in space, what kinds of foods astronauts eat and how good nutrition affects health and the ability to perform various tasks.

This month, NASA (National Aeronautics and Space Administration) will launch the first in a series of planned Shuttle servicing missions to the Hubble Space Telescope. During the mission, four members of Endeavour's crew will perform two-person spacewalks on five different days to install an optics package and a new wide field/planetary camera. The astronauts will also remove and replace gyroscopes and solar arrays on the telescope. (ALH)

### Enviromental conference

The 1994 Nebraska Environmental Education Conference will be held at the leadership camp in Aurora March 12 through 14. All who are interested in the environment, especially educators and youth leaders, are welcome to attend. There will be speakers, workshops and a chance to network with others in our state who share a concern about the environment. We hope to set-up a trip to view the cranes for those interested in this activity. The conference will start Sunday afternoon and conclude Monday by 5:30 p.m.

For more information or to register contact: **Nebraska Environmental Education Association, c/o Lower Platte North NRD, PO Box 265, Wahoo, NE 68066-0265.**

Proposals are now being accepted for activities and projects to be presented at the conference. These may be sent to the same address or to: **Laura Tegtmeier, 3530 Hanson Drive, Lincoln, NE 68502. (AMM)**

## Horticulture News continued

### Great gift ideas for the gardener

If you have a friend or family member who is a gardener, here are a few holiday gift ideas. Holiday plants are always welcome gifts for any home. They add color and holiday accents to interior surroundings. The traditional red poinsettias are popular, as are the newer flower colors of pink, white and yellow. Other possible gift ideas are Christmas cactus, Christmas pepper, red gloxinia and kalanchoe.

The outdoor gardener might like to receive a certain tool to make the job of spring gardening easier. Soil working tools like rakes, hoes and spades may be

difficult to wrap and still be a surprise; but, they are always welcome. Pruning tools, like hand shears and small saws, are easier to wrap and may be needed later this winter.

Consider giving bird seed as a gift. Not only the birds are happy; but, it provides enjoyment for the entire family. As a bird's natural food supply declines and snow hides what little remains, this is a good time to consider such a gift. Bird feeders also make excellent gifts.

Do not overlook the possibility of a gardening magazine or plant book as a gift. Many larger

bookstores have well-stocked sections on gardening and other related topics. Garden centers and nurseries also offer a variety of titles on individual plants and cultural practices. Someone with a new home might like a book on plant materials and landscaping. A person with a well-established garden and landscape might prefer information on maintenance and pruning practices.

If you have a non-gardening friend or relative that you want to introduce to gardening; consider a total package with a book on plant care, a plant, container and growing media. (MJM)

### Winter

building up around the plants on sunny days. Never wrap plants in plastic. Temperatures inside the enclosure can be high enough to "cook" the leaves or stems. Plastic bags, sold as winter protection for plants, are only suitable containers for the dead plants in the spring. If a plant is not winter-hardy, protection against low temperatures is impossible. Plants that are marginally-hardy may survive short periods of low temperatures if their roots are covered with a dense layer of mulch. Such mulch may hold soil temperatures a few degrees above the killing minimum that may injure the roots. However, once the minimum temperatures are exceeded, some damage will occur.

Many gardeners fail to realize that roots can also dry out over the

winter. Shallow-rooted plants, like rhododendron and azalea, frequently survive the cold but later die due to a dry root system. Excessive root drying can be reduced with a good layer of mulch spread under the plants. Mulch will also maintain uniform soil temperatures and can prevent alternate freezing and thawing that injures many shallow roots in the spring. Applications of an anti-desiccant spray on the entire plant may protect evergreen leaves and plant stems from moisture-loss. These materials form a vapor barrier over the plant's surface that holds water in or slows its outward movement. To insure adequate drying, these materials must be applied when the temperatures remain above freezing for several hours. I recommend using several

applications of anti-desiccant during the winter. One application will not be enough as the material is quite thin and weathers-off the plant's surface.

The first spray should go on in early December, the second in late January and the third in March. Warm days in January and March provide the optimum conditions for applying it. Anti-desiccants are not foolproof. They only help to reduce the effect of winter injury, but they will not prevent it under severe conditions.

Most garden centers handle several brands of anti-desiccants. They are all equally effective, if directions are followed. The same is true for any form of winter protection; it must be properly used to be effective in reducing the chances of winter injury. (DJ)

## ORSE BITS

### VIPS officers elected

The Lancaster County 4-H Horse VIPS Committee held its election of officers at the October 13 meeting. The executive committee for 1994 includes: Kit Dimon, chair; Janet Ball, vice chair; Sharon Bunge, treasurer and Jackie Nielsen, secretary. People wishing to work on one of the subcommittees are asked to attend future VIPS meetings and inform the executive committee of your preferences. The primary subcommittees include: ways and means committee, education committee, awards committee and the horse shows committee.

### VIPS December 8 meeting

An important meeting of the Lancaster County 4-H Horse VIPS Committee will be held Wednesday, December 8, 7:30 p.m. The purpose of the meeting is to accomplish the planning of riding clinics, educational workshops and horse shows for the 1994 program year. The newly developed "Guidelines and Information for the Lancaster County 4-H Horse Program" will be presented for review by the VIPS committee. The Lancaster County 4-H Horse VIPS Committee is open for membership to any person with interest in horse programs for youth, including parents, leaders, junior leaders and friends of 4-H. (WS)

### Riding lessons a unique holiday gift

If you're looking for an unusual gift for someone on your holiday shopping list, have you considered riding lessons? That would be an appreciated gift for anyone interested in horses. Studies show that even those who have never ridden place a high priority on this sport.

You may think riding lessons are only for youth, but, many individuals begin riding as adults, even as senior citizens.

You can choose from three types of riding: western, hunt and saddle seat. Equipment (known as "tack" in horse lingo) and style of riding vary with each type.

Western riding is the most popular. It originated in the western cattle country. Its popularity is probably influenced by our fascination with the Old West. Appaloosas, Paints and Quarter Horses are popular western breeds.

Saddle seat riding uses gaited horses, such as American Saddlebreds, Arabians, Morgans and Tennessee's own Walking Horses.

You've seen hunt seat riding in the Olympic games on TV. Hunters and jumpers are mostly thoroughbreds or thoroughbred-crosses.

What if the one on your shopping list doesn't own a horse?

No matter. You don't need a horse to take riding lessons. Most instructors have horses you can use.

**Here are some things to consider about horseback riding lessons.**

- Cost can vary depending on whether you take individual or group lessons.

- Consider the teaching style and personality of the instructor before committing. This is especially true if the gift is for a youth.

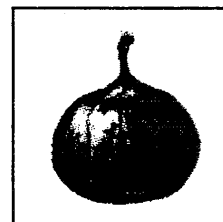
- Get more than one recommendation on the instructor.

- Lessons should include safety and stable management in addition to riding. Horseback riders need to know how to care for horses properly.

If you have trouble finding a competent instructor in your area, call horse owners, veterinarians, tack shops or feed stores. Your county extension office can also assist with information. A 4-H horse project leader or experienced 4-H horse project member may be an ideal beginning instructor for young children or older adults. (WLS)

### Horticulture News continued

### Roasted holiday chestnuts



Roasting chestnuts is a tradition popular during the holidays. Storage conditions

have to be just right, not too dry and not too damp. Dry air causes chestnuts to dry out and lose quality. In warm, damp air, the nuts will mold. Store fresh chestnuts in the refrigerator in a plastic bag with a few holes punched in it for ventilation.

Chestnuts can be cooked by roasting, boiling or steaming. To roast them over an open fire, use a long-handled popcorn popper or chestnut roaster. To roast them in the oven, set the temperature to 300 degrees Fahrenheit for about 15 minutes. Be sure you puncture each nut, once or twice, with an ice pick or knife. This prevents pressure from building up inside the shells. If you do not do this, the nuts may explode before or after

they come out of the oven or roaster.

To boil chestnuts, place them in a shallow pan with just enough water to cover them. Bring the pan to a boil, reduce the heat and boil gently for 15 to 20 minutes. Drain and partially cool them. Remove the kernels using the sharp tines of a table fork. The longer the nuts cook, the mealier the kernels become and crumble when they are removed from the shells. For especially dry chestnuts, soak them overnight in water and boil in fresh water.

For steaming, carefully cut fresh, moist chestnuts in half and cook them in a vegetable steamer over boiling water for 8 to 10 minutes. Most kernels should fall out of the shells during cooking.

Steamed or boiled nuts can be dipped in melted butter and salted, if desired, or used in other recipes. Cooked chestnuts can be stored, in tightly sealed jars, in the refrigerator for a month or two or in the freezer up to a year. (MJM)

From page 2

Biographical information

The following is a brief profile of the candidates for the Lancaster County Extension Board, compiled from the candidate's application for the Lancaster County Extension Board of Directors.

**“K.Q.” (Kathy) Allen**  
Owner, Kenl Inn; Registered Nurse, Lincoln General Hospital  
**Educational background:** B.S., Nursing, University Nebraska Medical Center  
**Community activities:** Life member, Greater Lincoln Obedience Club (past president, training director, trial chair); past chair, Board of Trustees, Capital Humane Society. Advanced cardioliife support instructor and consultant for Lincoln Medical Education Foundation, 1991 Mayors citizens advisory council on healthy people for the year 2000.

**Please list any particular expertise you feel you can bring to extension:**  
"As the head nurse of the critical care unit at Lincoln General for ten years and an owner of my own business, I have had a great deal of experience in budget planning, allocation of funds, goal setting, personnel management, public relations, both staff and public education, awareness and orientation; task forces and community planning (both for needed resources and educational purposes)."

**Additional information:**  
"I look forward to this potential opportunity to help represent the citizens of Lancaster County through the extension program and to try and see that everyone's needs are met in the best way possible. My husband managed the Lancaster County Rural Water District for 10 years, so we have also been active/interested in those types of environmental issues as well. He has served on the Board of Directors of LRWD.

We belong to the Better Business Bureau, Lincoln Chamber of Commerce, National Federation of Independent Businessmen, and, on the national level, I am active in the American Boarding Kennel Association, American Dog Owners Association, Bulldog Club of America, Bull Terrier Club of America and American Association of Critical Care Nurses."

**David Grimes**  
Farmer  
**Educational background:** Lincoln Northeast graduate; UN-L graduate with B.S. in Agricultural Economics  
**Community activities:** Director on Ceresco Co-op Board of Directors; former director of Agnew-Davey Farmers Co-op; past chair of Christian Education at Warren United Methodist Church in Lincoln

**Please list any particular expertise you feel you can bring to extension:**  
"With my expertise in production agriculture, I could lend information on what types of programs are needed by farmers."  
**Additional information:**  
"I would try to make sure that funds were spent most efficiently to help people in the county most effectively."

**Scott Hayman**  
Fertilizer and Chemical Dealer  
**Educational background:** Nebraska Wesleyan - four years  
**Community activities:** County chairman of Nebraska Fertilizer Ins.; member of the Lancaster County Health Department Solid Hazardous Waste Advisory Committee; 26 years working with high school and college athletics

**Please list any particular expertise you feel you can bring to extension:**  
"Knowledge of chemicals and fertilizer, setting up company budget."

**Rick Ronhovde**  
Farmer  
**Educational background:** Waverly High School graduate  
**Community activities:** Member of Bethlehem Covenant Church, Pork Producers Association  
**Please list any particular expertise you feel you can bring to extension:**  
"I operate both a grain and livestock farm, I feel this gives me a broad understanding of the farming sector."

**Additional information:**  
"I would be proud to provide my input to the leadership of the county extension board."

**Marva Wasser**  
Human Resources  
**Educational background:** Bachelor of Science, Teachers College-UNL, focus areas: History, Sociology, English  
**Community activities:** "My community involvement for the past several years has been limited to activities related to my family and work."  
**Family related:** Waverly Athletic Boosters, Waverly Band Boosters, member of St. Matthew's Episcopal Church

**Work related:** Member of Lincoln Human Resource Management Association, Society for Human Resource Management member, Star City Parade Coordinator for Peed Corporation, Lincoln Paint-a-Thon Coordinator for Peed Corporation, Food Drive Coordinator for Peed Corporation, Walton Community Council member

**Please list any particular expertise you feel you can bring to extension:**  
"My previous involvement with extension is limited to my being a 4-H member for over eight years and my daughter's experience with 4-H. I believe that I can bring experience gained through eight years of teaching and six years in the human resource field. I have good organizational skills and can demonstrate leadership when needed. I always question *why?* and look for ways to improve."

**Additional information:**  
"I believe that a person should not seek this type of responsibility unless they are willing to make a commitment to making a contribution. My lack of involvement in the past was due to a very strong commitment to the most important organization in the world—the family."

**Charles Willnerd**  
Investment Manager/Real Estate Appraiser  
**Educational background:** B.S. Degree Agriculture-UNL with emphasis in education; post graduate study in Business Admin.  
**Community activities:** Past president Lancaster County Horse VIPS Committee; member St. Mark's United Methodist Church; served on various church committees including chair of Trustees and church treasurer; member of Nebraska Agri-Business Club  
**Please list any particular expertise you feel you can bring to extension:**  
"I enjoy overseeing a wide variety of activities in various organizations. I have worked with budgets, and have a good working knowledge of finance. I work well in committees and am sensitive to other viewpoints."

Extension Board Election

December 13 - 20, 1993

You are invited to vote for the directorships of the Lancaster County Extension Board. The extension board is a nine-member board elected each year to represent all citizens of Lancaster County.

The extension board is responsible for the program of the University of Nebraska Cooperative Extension in Lancaster County. Directors are responsible for funding, overall policy direction and employment of county personnel.

The extension board is similar to a local school board in areas of responsibility. The extension board works closely with UNL Cooperative Extension and the Lancaster County Commissioners.

**Any legal resident of Lancaster county who is of legal voting age may cast a ballot.** Write-in candidates are also eligible for election. All ballots must be received or postmarked no later than Decmeber 20, 1993 at the Lancaster County Extension office.

This ballot may be duplicated. Additional ballots are available, free of charge, through the Lancaster County Extension office, 444 Cherrycreek Road, Lincoln, NE 68528. All completed ballots should also be returned to the above address.

Complete the voter declaration section on the top of the ballot. The declaration section will be removed by the election clerk for voter registration purposes. All ballots are confidential. You may vote in person at the county extension office during regular office hours Monday, December 13, 1993 through Monday December 20, 1993.

**Voter Declaration:** *I hereby declare that I am a bonafide resident of Lancaster County and am of legal voting age.*

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

----- Above Section To Be Removed By Clerk -----

Official Lancaster County Cooperative Extension Ballot

NORTH DISTRICT

Vote For One

- ☐ David Grimes
- ☐ Rick Ronhovde

SOUTH DISTRICT

Vote For One

- ☐ Scott Hayman
- ☐ Charles Willnerd

AT-LARGE DISTRICT

Vote For One

- ☐ K. Q. Allen
- ☐ Marva Wassner

Floor

From page 4

according to the Carpet and Rug Institute (CRI). Some people are more sensitive to odors than others. However, the presence of an odor following the installation of new carpet does not mean there is a problem. Indoor air pollution at low levels is difficult to study, according to the EPA.

Consumers often ask if new carpet contains formaldehyde. Formaldehyde was removed form carpet manufacturing about 10 years ago, according to the CRI. Carpet is a part of the floor covering that may include adhesives, underlayments or cushions. Cushions and adhesives also may be sources of emissions. The EPA says manufacturers of floor covering products are working to reduce emissions from their products. New low-emitting adhesives are available that can greatly reduce emissions from new carpet installations.

The CRI suggests that it is highly unlikely that most people will experience any side effects from new carpet, although some individuals have reported allergy or flu-like symptoms after new carpet has been installed. Additional research is needed to provide more answers to this consumer question. Until more information is available, consumers may want to take preventative measures.

Increasing the amount of fresh air in the home or office may reduce exposure to pollutants. The ventilation system in public and commercial buildings should be operated at maximum outdoor air flow before, during and for 48 to 72 hours after the new carpet installation. In homes, doors and windows should be left open and fans used to increase the flow of outdoor air. Residents may wish to leave during the installation of new carpet. In addition, ask the carpet retailer or manufacturer for information on emissions from carpets and ask for low-emitting adhesives if adhesives are needed. Be sure to follow the manufacturer's instructions for proper carpet maintenance. If odors persist, contact your carpet retailer.

If you are concerned about a specific problem, contact a health professional, the carpet or carpet product manufacturer or retailer, the Consumer Product Safety Commission, the Carpet and Rug Institute or the U.S. Environmental Protection Agency. (LB)

Alfalfa

From page 3



dormancy. It will be ready for harvest with the second cutting of the alfalfa. Bruce says that the first cutting of alfalfa be done early to provide light for the red clover.

There are several options for interseeding grasses into a thin stand of alfalfa. Bruce Anderson suggests seeding a sudan grass or a millet into the alfalfa immediately

after taking the first cutting. This will result in a heavy yield for the second cutting of a good legume-grass hay crop. A perennial grass such as brome and orchard grass would be excellent if a more permanent combination of grasses and alfalfa production is needed. These grasses would need to be seeded in early spring and even then maximum yields should not be expected until the second year.

For additional information, contact Ward Shires, 441-7180. (WS)

Phone

From page 7

work, even if you have voice mail. If there's an emergency and your child is trying to reach you, this could cause a frustrating and potentially dangerous delay. Be sure your child has the name of someone else to call at your workplace, or knows an alternative procedure to get a message to you.

If you don't want younger children answering the telephone at home, work out a special pattern of rings to let them know you are calling. Tell them not to answer the telephone unless they hear the secret code. With older children, you may want to set limits on the amount of time they can spend on the telephone when they're home alone. This leaves the line open most of the time.

•Safe telephone use is mostly common sense, but if used incorrectly, it can cause problems. The telephone is an essential communication medium and it can be a lifeline. Knowing how to use the telephone properly in an emergency can pay off for you and your children.

**Source:** *Enriching Family Relationships Newsletter*, December 1992, Herb Lingren and Pat Steffens. (LB)

COOPERATIVE EXTENSION SYSTEM



# Extension Calendar

All programs and events will be held at the Lancaster Extension Conference Center unless otherwise noted.

- December 7**  
NE Swine Enterprise Records Orientation Meeting - *Community Center, Ceresco*..... 9:30 a.m.
- December 8**  
4-H Horse VIPS Committee Meeting..... 7:30 p.m.  
Local Options for Managing Solid Waste (*Part 3*)..... 11:00 a.m.-2:00 p.m.
- December 9**  
Paws and Claws 4-H Club Meeting..... 7:00 p.m.
- December 10**  
Eastern NE Soybean Day & Machinery Expo - *Fairgrounds, Wahoo*..... 9:00 a.m.-4:00 p.m.
- December 12**  
Teen Council Meeting..... 3:00-5:00 p.m.
- December 15**  
Farm Management for Tomorrow - *East Campus Union, Lincoln*..... 1:30-4:00 p.m.
- December 18**  
Canine Companions 4-H Club..... 1:00-3:30 p.m.
- December 21**  
Star City Rabbit Raisers 4-H Club Meeting..... 7:00 p.m.

## Channel 5/December '93 Government/Educational

	Monday 6, 13, 20, 27	Tuesday 7, 14, 21, 28	Wednesday 1, 8, 15, 22, 29	Thursday 2, 9, 16, 23, 30	Friday 3, 10, 17, 24, 31	Saturday 4, 11, 18, 25	Sunday 5, 12, 19, 26					
6:00 AM	FETN (scrambled)	FETN (scrambled)	FETN (scrambled)	FETN (scrambled)	FETN (scrambled)							
6:30												
7:00												
7:30												
8:00												
8:30												
9:00	13 Fire Department Training	14 Fire Dept Training Lincoln in View Parade	15 Fire Department Training			LFD Heat (scrambled)	LFD Pulse (scrambled)					
9:30			BSDC Christmas					There's No Excuse				
10:00												
10:30												
11:00	Wiley Wolves Motivate Malcolm	Legislative Health Issues	Health for a Lifetime	Health for a Lifetime	Beyond Books	Health for a Lifetime						
11:30				Waterline #8								
12:00 Noon			BSDC Christmas			There's No Excuse	Our Best Friends	D.A.R.E.				
12:30 PM												
1:00									City Council Agenda	8 Planning Commission Live	Wiley Wolves Motivate Malcolm	Star Volunteers
1:30	City Council Live	County Board Live no meeting on 21st	Equal Opp. Forum		Laughing Matters				BSDC Christmas			
2:00			Star Volunteers									
2:30			Studio 3	Beyond Books			Studio 3	There's No Excuse				
3:00												
3:30	FETN (scrambled)	FETN (scrambled)			FETN (scrambled)				FETN (scrambled)	FETN (scrambled)		
4:00												
4:30												
5:00												
5:30		Beyond Books	Health for a Lifetime	D.A.R.E.	Bank Stabilization	Bank Stabilization						
6:00	City Council Agenda	County Board Replay Live 3rd week	Our Best Friends		Wiley Wolves Motivate Malcolm	Legislative Health Issues						
6:30	City Council Replay		Star Vol. #13 8 Co. Board (R)		On Patrol		On Patrol					
7:00			There's No Excuse	Waterline #8	Lincoln in View-Parade	Star Volunteers	Our Best Friends					
7:30				Beyond Books	Lincoln in View-Parade	Health for a Lifetime	Equal Opp Forum	Health for a Lifetime				
8:00					Laughing Matters	D.A.R.E.		Lincoln in View-Parade	Waterline #8			
8:30												
9:00			Lincoln in View - Parade	Wiley Wolves Motivate Malcolm						Star Volunteers		
9:30	On Patrol					Studio 3	Where Does Water Go?					
10:00	Bank Stabilization											
10:30		Equal Opportunity Forum						Equal Opportunity Forum				
11:00												

The NEBLINE

Nebraska Cooperative Extension Newsletter  
Lancaster County

The NEBLINE is produced and edited by Jeff Gaskins, Extension Assistant, Media & Marketing. It is published monthly by the University of Nebraska Cooperative Extension in Lancaster County, 444 Cherrycreek Rd., Lincoln, Nebraska, 68528-1507. For more information, contact Jeff Gaskins or Mark Hendricks at (402) 441-7180.

Don D. Miller

Don D. Miller  
Extension Educator, Lancaster County

Mark D. Hendricks

Mark D. Hendricks  
Extension Assistant, Computing and Communication

**Notice!**  
All programs and events listed in this newsletter will be held at the Lancaster Extension Conference Center unless noted otherwise. Use of commercial and trade names does not imply approval or constitute endorsement by the University of Nebraska Cooperative Extension in Lancaster County. Articles written by the staff of the University of Nebraska Cooperative Extension in Lancaster County may be reprinted without special permission if the source is acknowledged. For reprint information about other articles in the NEBLINE contact the source listed in the article.

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